

Best Advice from Clarke

Daily Living

Walk 30 minutes a day
7 to 8 hours of sleep
Reduce your consumption of junk food
Cut back on the carbs..white bread,pasta,
white rice

Eating Habits

No soda at meal time and snack time
No fast food
Choose more veggies
Enjoy social foods once a week

Lifestyle Choices

No smoking
Exercise
Get out and socialize ...like here!
Don't ignore your health problems and
symptoms
Try to avoid prescription pain killers
Stay in tune with your emotional health

Sutton Senior Center
19 Hough Road
Sutton, MA 01590

The Clubhouse
Sutton Senior Resource and Community Center
19 Hough Road Sutton, MA 01590
508-234-0703 www.suttonma.org

Monday—Friday 8am to 3pm

Follow us on Facebook: Sutton Senior Center

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PLACE
STAMP
HERE

Sutton Senior Resource and Community Center



The Clubhouse

January 2017

News from SHINE January 2017

Can I still change my Medicare Plan? The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

You can now visit us at our Central Mass Website www.shinema.org for useful information and applications for various programs.

The Massachusetts Executive Office of Health and Human Services

MassOptions is a free resource linking elders, family members, caregivers, and individuals with disabilities to services that help you or a loved one live independently in the setting of your choice. Trained specialists at MassOptions are available by phone or online chat 7 days a week—8am to 8pm

Toll Free 1-844-422-6277 or visit **MassOptions.org**

Monday, January 9 at 10am



Blackstone Valley Tech Dental Program will be here with a presentation on dental care and hygiene for seniors. This was a very successful program when we offered it 3 years ago.

All participants will receive a free dental care pack.

Wednesday, January 18 at 11am

The Last Painting of Sara De Vos



Book Club with Sutton Library

Pam Johnson

Books are available at the front desk

Monday, January 30 at 10am

Netflix Movie: Chef

Chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner (Dustin Hoffman), he is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen -- and zest for life and love.

Weather Policy

If Sutton School is closed... the Senior Center will be closed.

We will close the building and cancel activities if the weather makes traveling unsafe during our business hours.

Friends Of Sutton Elders

Many thanks to all who joined us in the Chain of Lights celebration—Our workers, volunteers, staff and visitors. As always, our profit benefits the needs of our seniors in Sutton.

Wishing you many blessings in the New Year!

**Love Your,
Friends at the Sutton Senior Center**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Celebrating Happy New Year	3 10 The Hookers 10:45 Yoga 12:30 Cribbage 12:45 Chorus 2 Power Walk Roast Turkey	4 9 Blood Pressure/ Blood Sugar Test 10 Muscular Strength 1 Bingo Garlic Herbed Chicken	5 9 Tai Chi 9-12 Computer Class 10 Pitch 12:30 Darts 2 Zumba Pork	6 9 I'm Sorry 9:15 Power Walk 10 Yoga 1 Bingo Catch of the Day
9 9 Tai Chi 10am Blackstone Valley Dental Program 11 Spanish 12:30 Mat Yoga Beef Burgundy	10 10 The Hookers 10:45 Yoga 12:30 Cribbage 12:45 Chorus 2 Power Walk Franks and Beans	11 9 Blood Pressure/ Blood Sugar Test 10 Muscular Strength 1 Bingo American Chop Suey	12 9 Tai Chi 9-12 Computer Class 10 Pitch 12:30 Darts 1pm Fallon Senior Plan 2 Zumba Chicken/Asparagus	13 9 I'm Sorry 9:15 Power Walk 10 Yoga 11:30 Benny the Cat 1 Bingo Wild Alaskan Salmon
16 In remembrance of Martin Luther King Jr.	17 10 The Hookers 10:45 Yoga 12:30 Cribbage 12:45 Chorus 2 Power Walk Beef Jardinere	18 9 Blood Pressure/ Blood Sugar Test 10 Muscular Strength 11am Book Club 1 Bingo Cheese Spinach Omelet	19 9 Tai Chi 9-12 Computer Class 10 Pitch 12:30 Darts 2 Zumba Spaghetti/ Meatballs	20 9 I'm Sorry 9:15 Power Walk 10 Yoga 1 Bingo Lemon Chicken
23 9 Tai Chi 10 Coloring Therapy 11 Spanish 12:30 Mat Yoga Beef Stew	24 10 The Hookers 10:45 Yoga 12:30 Cribbage 12:45 Chorus 2 Power Walk Mac and Cheese	25 9 Blood Pressure/ Blood Sugar Test 10 Muscular Strength 1 Bingo Meatloaf	26 9 Tai Chi 9-12 Computer Class 10 Pitch 12:30 Darts 2 Zumba Greek Chicken	27 9 I'm Sorry 9:15 Power Walk 10 Yoga 1 Bingo Turkey Pot Pie
30 9 Tai Chi 10am Netflix Movie: The Chef 11 Spanish 12:30 Mat Yoga Onion Meatballs	31 10 The Hookers 10:45 Yoga 12:30 Cribbage 12:45 Chorus 2 Power Walk Veggie Cheese Bake			